

DOCUMENT RESUME

ED 440 731

PS 028 442

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TITLE Raising a Thinking Preteen: The "I Can Problem Solve"
Program for 8- to 12-Year-Olds.
ISBN ISBN-0-8050-5991-1
PUB DATE 2000-00-00
NOTE 269p.; Produced with Roberta Israeloff.
AVAILABLE FROM Henry Holt and Company, 115 West 18th Street, New York, NY
10011 (U.S., \$23; Canada, \$34.50). Tel: 212-387-9100.
PUB TYPE Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS *Adolescent Behavior; Child Rearing; Conflict Resolution;
Critical Thinking; Decision Making; *Decision Making Skills;
Parenting Skills; Parents; *Preadolescents; *Problem
Solving; *Thinking Skills; *Youth Problems

ABSTRACT

Aimed at parents of early adolescents, this book helps parents provide the skills teens need to cope with life's everyday frustrations and to make informed decisions about problems such as the stresses of homework, friendship, contending with peer pressure, and dealing with bullies. The foundation of the book is the "I Can Problem Solve" (ICPS) model, which provides a problem-solving approach specifically adapted to children in the important preteen years. The book contains specific activities and dialogues that parents can use to respond to their child's problems in a way that will change family dynamics and produce happy, self-confident, socially well-adjusted, and emotionally intelligent children. The book contains the following 11 chapters: (1) "Kids Who Behave Differently Think Differently"; (2) "Four Styles of Parenting"; (3) "How Do I Feel? How Do You Feel?"; (4) "Is Anybody Listening?"; (5) "Are Things Always What They Seem to Be?"; (6) "What Else Could I Do To Solve This Problem? Learning Alternative Solutions"; (7) "What Might Happen Next? Learning Consequential Thinking"; (8) "What's My Plan?"; (9) "Advanced ICPS: Integrating the Skills"; (10) "'What's in It For Me?' and Other Questions Parents Ask about ICPS"; and (11) "An ICPS Quiz." The book concludes with an epilogue that addresses prevention of serious teen problems such as drug abuse, teen pregnancy, and violence. Contains references organized by chapter. (SD)